

Think Family Mental Health Workshop

Thurs 10 November
7pm to 10pm
Ravenbank Primary School
Pepper Street, Lymm, WA13 0JT

Stress ... Anxiety ... Depression ... Self-harm ... Suicide ... Abuse ... Mindset ... Happiness ... Resilience

Mental Health Awareness: What do we really know?

1 in 4 of us will face a mental health problem in our lives and 1 in 10 children and young people aged 5–16 suffer a mental health disorder. Families may find themselves on the brink of challenging times.

'Think Family Mental Health' will bring local experts to local people for an evening of presentations covering several mental health topics, including:

- **Stress – Stresswatch**
- **Abuse & Self-Harm – No Rain No Rainbows**
- **Anxiety, OCD & Phobias – Mindgift**
- **Relationships & Communication – Accord Counselling**
- **Positivity & Self-Esteem – Sleptalk**
- **Resilience – The Happiness Club**
- **Happiness – Inner Depths**
- **State of Mind – Wolves Foundation**

Book now to spread awareness

£7.50 Advance. £10 Door. Adults only please. PTA refreshments available for purchase.

Book online to pay by card at thinkfamilymentalhealth.eventbrite.co.uk or return the booking slip below.

About Colony Community

Colony Community is a not-for-profit community initiative run by local parent Kirsty James. The group provides community and parental engagement events that offer information and support on issues that challenge family well-being.

Further community events are available to view at colonynetworking.co.uk or find us on Facebook as 'Colony Community'



0844 504 6627

www.colonynetworking.co.uk

Colony Networking @colonynetwork

Colony COMMUNITY
Success in numbers

THINK FAMILY MENTAL HEALTH WORKSHOP – Thursday, 10th November 2016

Your name: _____ School: _____

Email (to receive ticket confirmation): _____

I would like _____ tickets.

I enclose £ _____ cash/cheque (payable to Colony Community).

